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STRONG CONFIDENT CAPABLE

# TRX PILATES

## CLASSES

### TRX PILATES

Friday @ 5:30 PM

High Intensity  
Power planks, TRX, Pilates, conditioning,  
Modified hand stands - 60 mins

### TRX FUSION

Thursday @ 12:00 PM  
Friday @ 6:30 PM bi-monthly

Medium Intensity  
Core, Barre, TRX Pilates , Aerial Yoga,  
TRX Flexibility - 45 min & 60 min classes

### TRX STRETCH

Friday @ 6:30 PM

Low Intensity  
Foam Rolling, flexibility, yoga, aroma  
therapy - 60 mins

### CIRCUIT FIRE

Tuesday & Thursday @ 9:30 AM

Medium - High Intensity  
A lighter weight circuit for less impact.  
Stations for cardio, strength &  
conditioning - 60 min

### YOGA

SUNDAY @ 9 AM

Light - Medium Intensity  
with Cody Crowley - Boxing Champion & Light  
Warrior

TRX Yoga Monthly with Jodie - 60 mins

### CORE FOUNDATIONS

Monday @ 5:30 PM

Medium - High Intensity  
Core, mobility, pelvic floor, full body Pilates &  
TRX - 60 mins

### STRENGTH FOUNDATIONS

Friday @ 12:00 PM

Medium Intensity  
Proper form, body awareness,  
strengthening muscles and joints  
- 60 mins